ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEVEX19920)
- the NAME of the product (WESLO® VECTOR 402 exercise cycle)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Part No. 191131 R1002A

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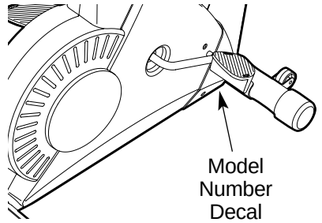
WESLO® VECTOR 402

Model No. WLEVEX19920



QUESTIONS?

**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:
Or write:**

08457 089 009

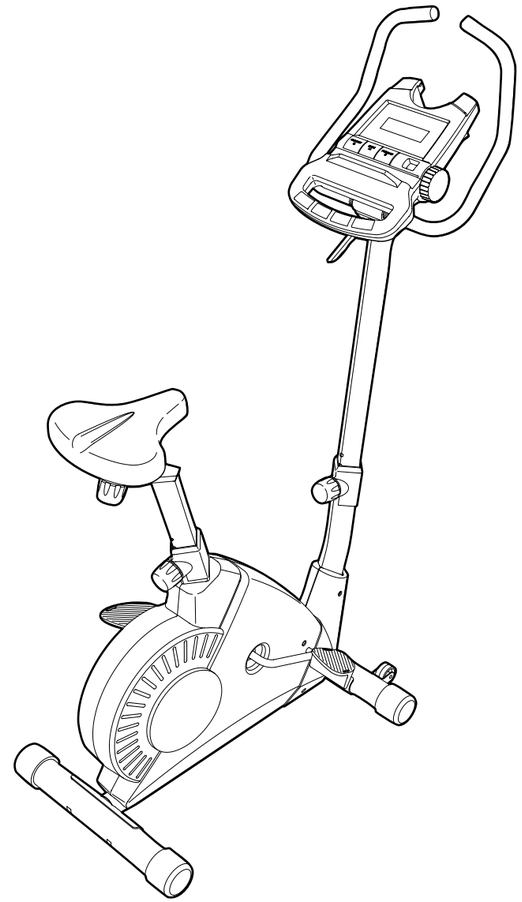
**ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK**

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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www.iconeurope.com

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IMPORTANT PRECAUTIONS

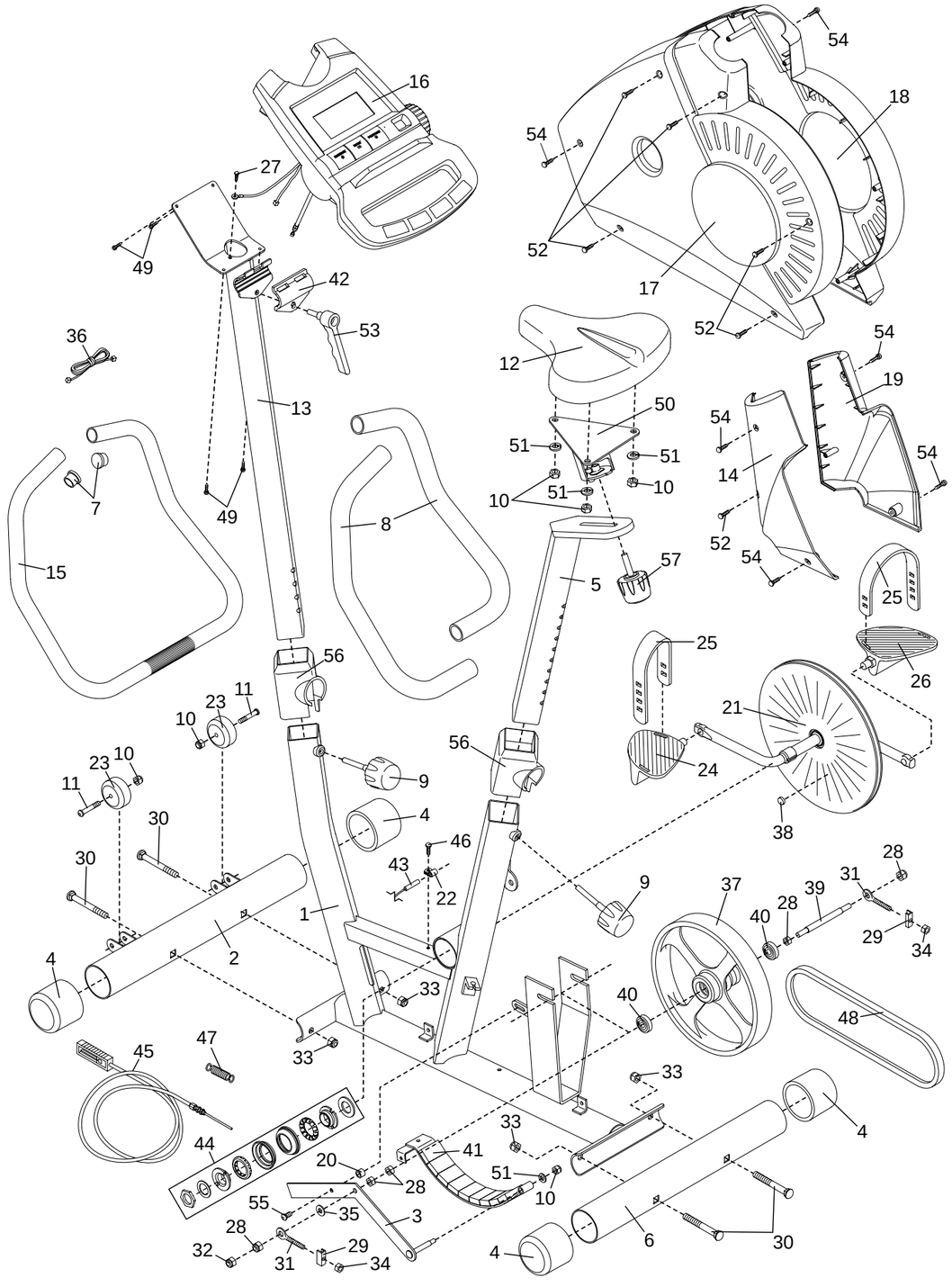
⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
3. **Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.**
4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
6. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
7. **The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Always keep your back straight whilst using the exercise cycle; do not arch your back.**
9. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**
10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. WLEVEX19920

R1002A



PART LIST—Model No. WLEVEX19920

R1002A

No.	Qty.	Description	No.	Qty.	Description
1	1	Frame	31	2	Eyebolt
2	1	Front Stabiliser	32	1	3/8” Axle Nut
3	1	“C” Magnet Bracket	33	4	3/8” Nylon Locknut
4	4	Stabiliser Endcap	34	2	M6 Nylon Locknut
5	1	Seat Post	35	1	M10 Flat Washer
6	1	Rear Stabiliser	36	1	Upper Wire
7	2	Handlebar Endcap	37	1	Flywheel
8	2	Foam Grip	38	1	Magnet
9	2	Adjustment Knob	39	1	Flywheel Axle
10	6	M8 Nylon Locknut	40	2	Flywheel Bearing
11	2	M8 x 38mm Bolt	41	1	“C” Magnet
12	1	Seat	42	1	Handlebar Clamp
13	1	Upright	43	1	Reed Switch/Wire
14	1	Left Front Shield	44	1	Crank Bearing Set
15	1	Handlebar	45	1	Lower Cable
16	1	Console	46	1	M4 x 12mm Screw
17	1	Left Side Shield	47	1	Return Spring
18	1	Right Side Shield	48	1	Belt
19	1	Right Front Shield	49	4	M5 x 12mm Screw
20	1	M8 x 5mm Spacer	50	1	Seat Bracket
21	1	Crank/Pulley	51	4	M8 Flat Washer
22	1	Reed Switch Clamp	52	6	M4 x 25mm Screw
23	2	Wheel	53	1	Adjustment Handle
24	1	Left Pedal	54	6	M4 x 19mm Screw
25	2	Pedal Strap	55	1	M6 x 15mm Screw
26	1	Right Pedal	56	2	Frame Collar
27	1	Ground Screw	57	1	Seat Knob
28	5	3/8” Jam Nut	#	1	User’s Manual
29	2	U-bracket	#	2	Assembly Wrench
30	4	3/8” x 78mm Carriage Bolt			

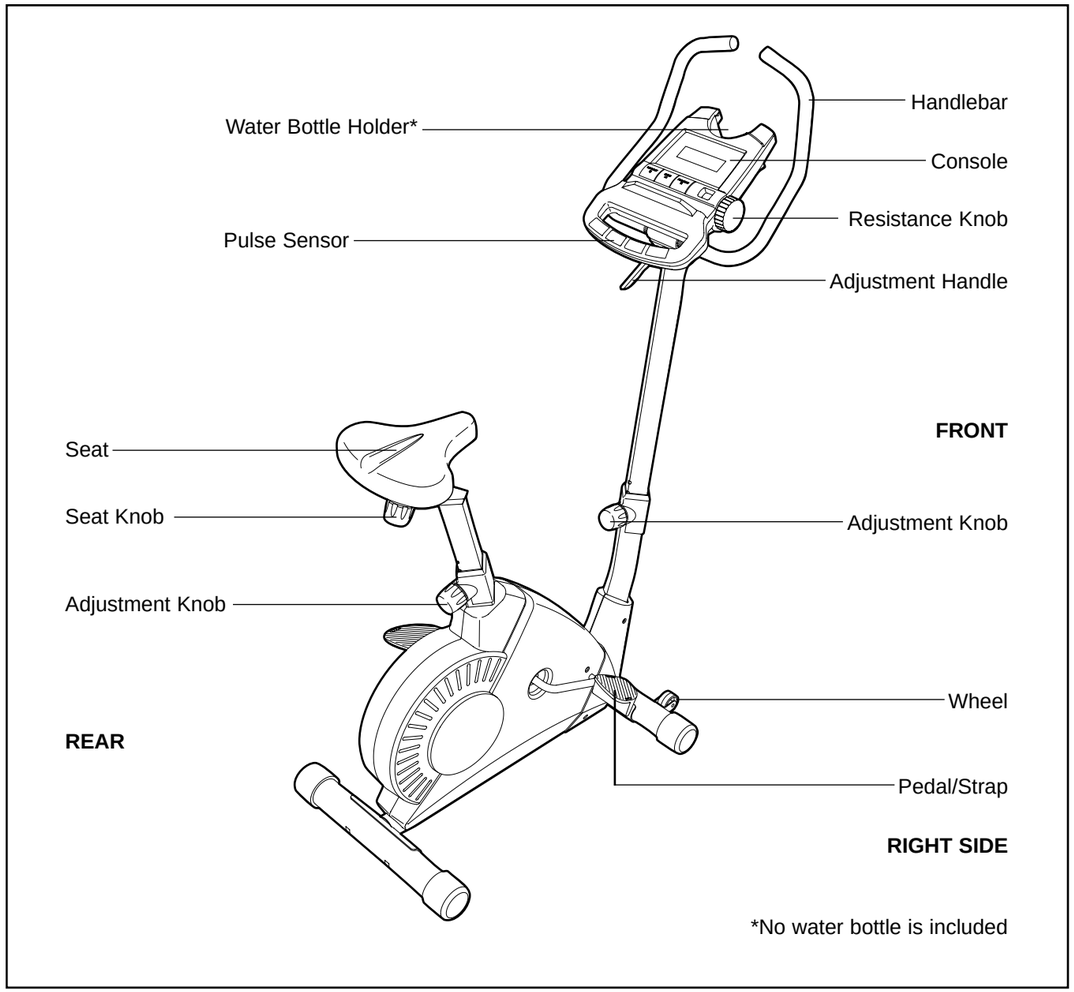
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® VECTOR 402 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The VECTOR 402 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

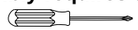
For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number before calling. The model number is WLEVEX19920.

Before reading further, please familiarise yourself with the parts that are labeled in the drawing below.

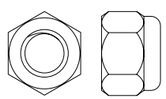


ASSEMBLY

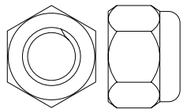
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner **, Phillips screwdriver**  **, and pliers** **.**

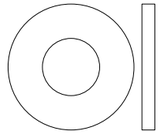
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



M8 Nylon
Locknut (10)–3

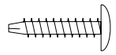


3/8” Nylon
Locknut (33)–4

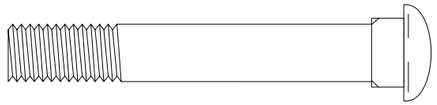


M8 Flat
Washer (51)–3

M5 x 12mm
Screw (49)–4



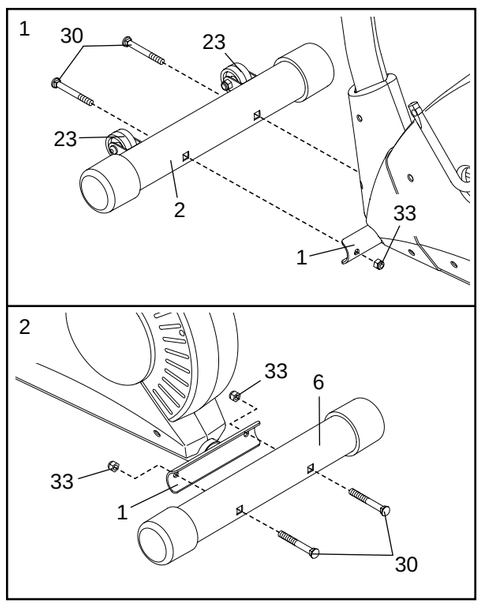
Ground
Screw (27)–1



3/8” x 78mm Carriage Bolt (30)–4

1. Orient the Front Stabiliser (2) so that the Wheels (23) are on the side shown. Whilst another person lifts the front of the Frame (1) slightly, attach the Front Stabiliser with two 3/8” x 78mm Carriage Bolts (30) and two 3/8” Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**

2. Whilst another person lifts the rear of the Frame (1) slightly, attach the Rear Stabiliser (6) with two 3/8” x 78mm Carriage Bolts (30) and two 3/8” Nylon Locknuts (33).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

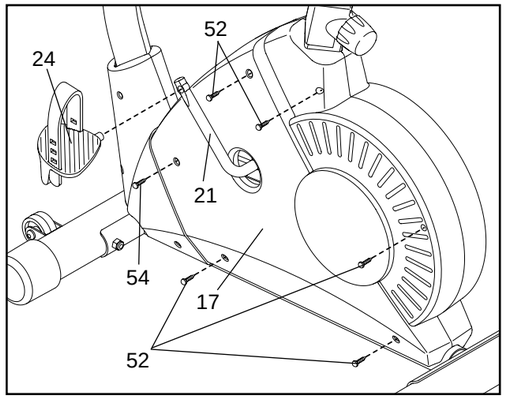
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

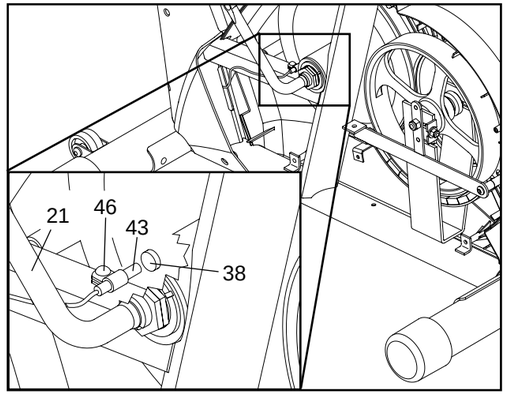
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, refer to step 5 on page 5 and remove the console from the handlebar. Next, refer to step 4 on page 5 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the left side shield must be removed.



Turn the Crank (21) to the position shown. Using an adjustable spanner, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 25mm Screws (52) and the M4 x 19mm Screw (54) from the Left Side Shield (17). Carefully remove the Left Side Shield.



Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 12mm Screw (46). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.

PULSE SENSOR TROUBLESHOOTING

Refer to step 3 on page 10.

3. Slide the two slots in the Handlebar Clamp (42) onto the two indicated tabs on the Upright (13). Lift the bottom of the Handlebar Clamp away from the Upright. Insert the Handlebar (15) between the Handlebar Clamp and the Upright. Centre the Handlebar and rotate it to the desired position.

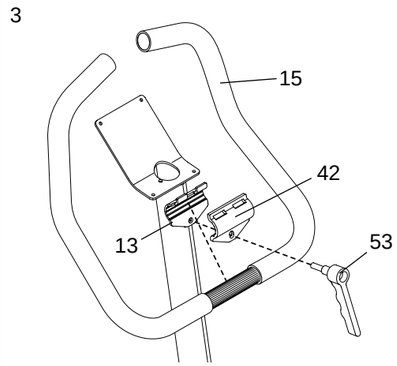
   Tighten the Adjustment Handle (53) onto the Upright (13). Note: The adjustment handle works like a spanner. Turn the Handle counterclockwise, pull it away from the Upright, turn it clockwise, push it toward the upright, and then turn it counterclockwise again.

4. The Console (16) requires three “AA” batteries; alkaline batteries are recommended. Insert three batteries into the Console. **Make sure that the batteries are oriented as shown by the diagram inside the Console.**

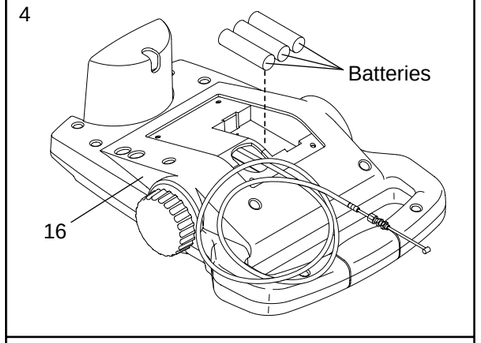
5. Hold the Console (16) near the Upright (13). Connect the ground wire to the Upright with the Ground Screw (27). Next, connect the console wire to the Upper Wire (36). Insert the excess wire into the Upright. Insert the console cable into the Upright and push it through the Upright.

   Attach the Console (16) to the Upright (13) with four M5 x 12mm Screws (49). **Be careful to avoid pinching the wires.**

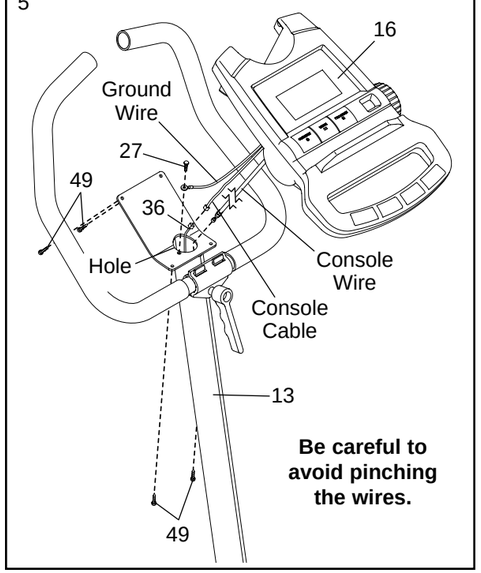
3



4



5



6. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire (36) to the Reed Switch Wire (43). Next, connect the console cable to the Lower Cable (45) in the following way:

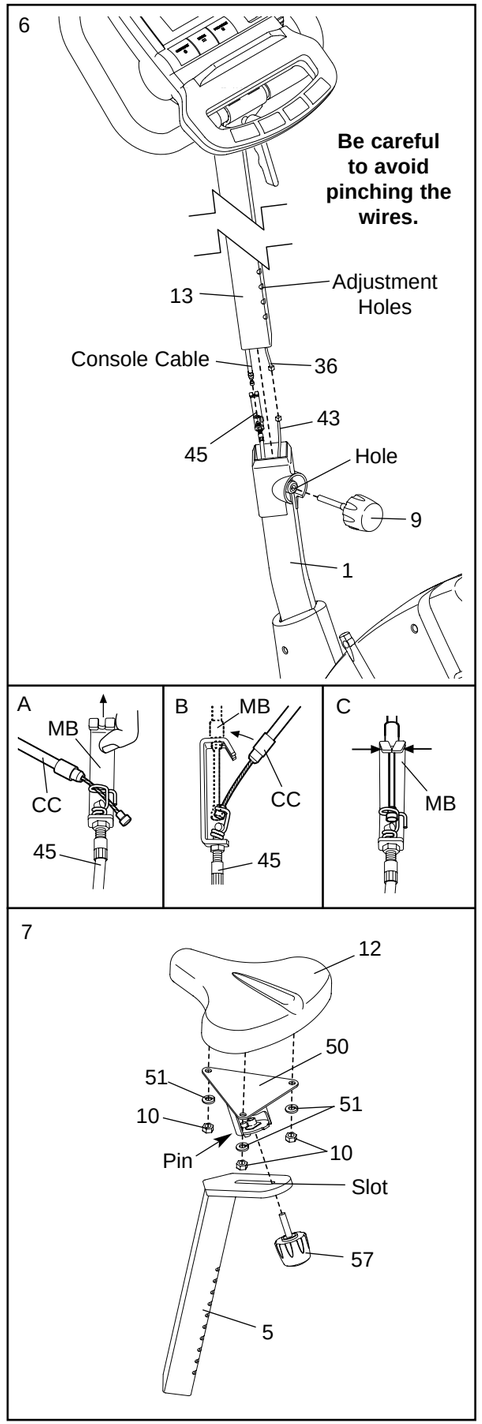
   - Refer to inset drawing A. Pull up on the metal bracket (MB) on the Lower Cable (45), and insert the tip of the console cable (CC) into the wire clip inside of the metal bracket.
   - Refer to inset drawing B. **Firmly** pull the console cable (CC) and slide it into the metal bracket on the Lower Cable (45) as shown.
   - Refer to inset drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

   Carefully push the excess wire and cable down into the Frame (1), and insert the Upright (13) into the Frame. **Be careful to avoid pinching the wires and cables.** Next, align one of the adjustment holes in the Upright with the indicated hole in the Frame. Insert the Adjustment Knob (9) into the Frame and the Upright, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Upright.**

7. Attach the Seat (12) to the Seat Bracket (50) with three M8 Nylon Locknuts (10) and three M8 Flat Washers (51). Note: The Nylon Locknuts and Flat Washers may be preattached to the underside of the Seat.

   Orient the Seat (12) and the Seat Post (5) as shown. Insert the pin on the bottom of the Seat Bracket (50) into the indicated slot on the Seat Post. Tighten the Seat Knob (57) into the Seat Bracket.

6



Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, adjust the resistance of the exercise cycle as desired by turning the resistance knob.

The display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 **Follow your progress with the display.**

See step 4 on page 9.

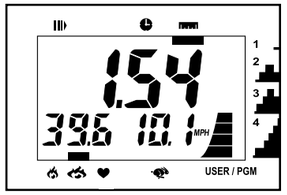
5 **Measure your heart rate if desired.**

See step 5 on page 10.

6 **When you are finished exercising, the console will automatically turn off after a few minutes.**

See step 6 on page 10.

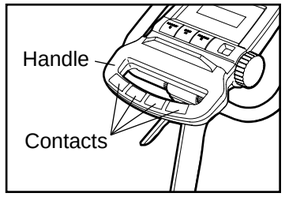
To cancel the scan mode, press the Mode button. The mode bar below the scan symbol will disappear. The upper section of the display will then show only the elapsed time, and the lower left section of the display will show only the number of calories you have burned. Press the Mode button again. The upper section of the display will then show only the distance pedaled, and the lower left section of the display will show only the number of fat calories you have burned. To select the scan mode again, press the Mode button repeatedly until a mode bar appears below the scan symbol.



To reset the display, press the On/Reset button. **Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for about six seconds. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.**

5 Measure your heart rate if desired.

Note: If there are thin sheets of plastic on the metal contacts of the pulse sensor, peel off the plastic.



To use the pulse sensor, hold the handle on the console, with your right palm covering the two right contacts and your left palm covering the two left contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes (– –) will appear. After a moment, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

6 When you are finished exercising, the console will automatically turn off after a few minutes.

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

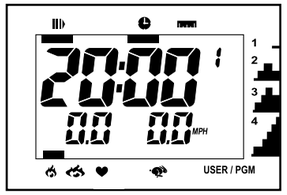
HOW TO USE A PACE PROGRAM

1 Turn on the console.

See step 1 on page 9.

2 Select one of the four pace programs.

Each time the console is turned on, the manual mode will be selected. To select a pace program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

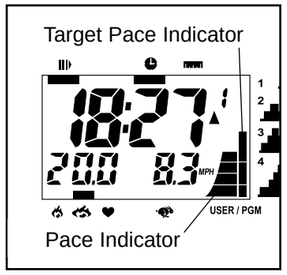


The four profiles on the right side of the console show how the target pace will change during the programs. For example, profile number 1 shows that during program 1, the target pace will increase near the beginning of the program, and then decrease near the end.

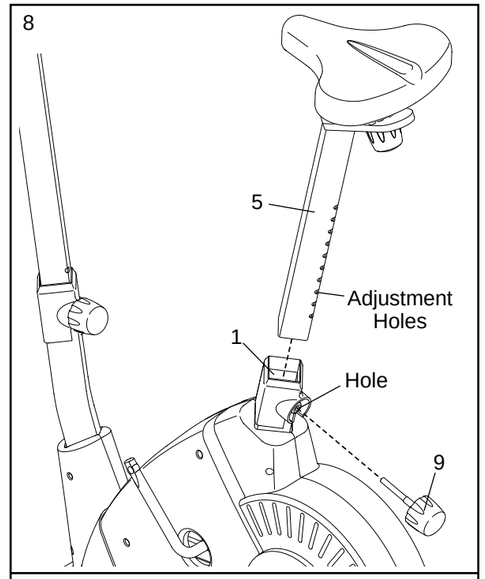
3 Start the program.

To start the program, begin pedaling. Each program consists of either twenty or thirty, one-minute periods. One target pace is programmed for each period. (The same target pace setting may be programmed for consecutive periods.)

The target pace settings for the program will be shown by the target pace indicator in the display. (The pace indicator will show your actual pedaling pace.) As the target pace indicator changes in height during the program, adjust your pedaling pace so that both indicators are at the same height. If your pedaling pace is slower than the current target pace setting, an arrow will appear next to the pace indicators to prompt you to increase your pace; if your pace is faster than the target pace, an arrow will prompt you to decrease your pace.

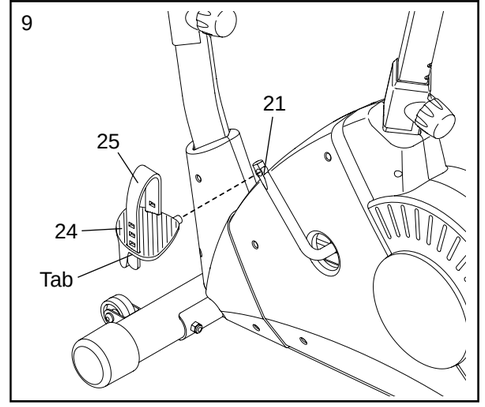


8. Turn the indicated Adjustment Knob (9) counterclockwise and remove it. Insert the Seat Post (5) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Adjustment Knob into the Frame and the Seat Post, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Seat Post.**



9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable spanner, **firmly tighten** the Left Pedal counterclockwise into the left arm of the Crank (21). Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

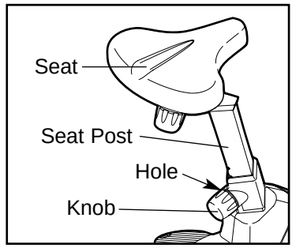
Adjust the left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the right Pedal Strap (not shown) in the same way.



10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

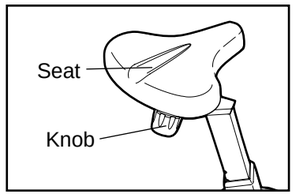
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST



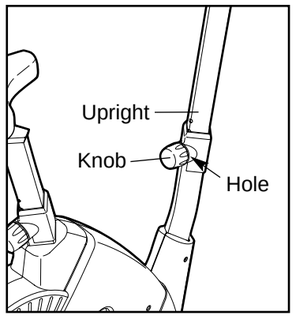
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise and remove it. Next, slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the Frame. Insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**

HOW TO ADJUST THE SEAT



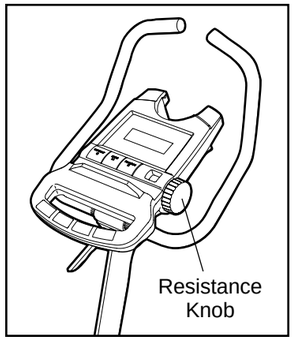
The seat can be adjusted to the position that is the most comfortable for you. To adjust the seat, first turn the indicated knob counterclockwise to loosen it. Slide the seat to the desired position, and then, turn the knob clockwise until it is tight.

HOW TO ADJUST THE UPRIGHT



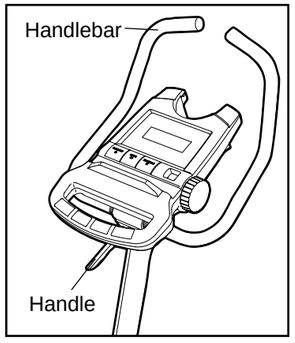
The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise and remove it. Next, slide the upright up or down and align one of the adjustment holes in the upright with the indicated hole in the frame. Insert the knob into the frame and the upright, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the upright.**

HOW TO ADJUST THE PEDALING RESISTANCE



To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**

HOW TO ADJUST THE HANDLEBAR

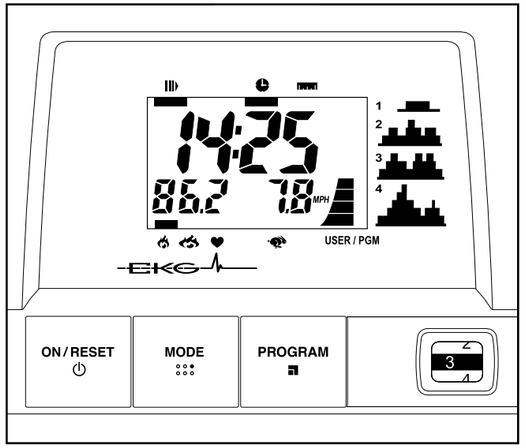


The handlebar can be adjusted to the position that is the most comfortable for you. To adjust the handlebar, first turn the indicated handle counterclockwise to loosen it. Note: The adjustment handle works like a spanner. Turn the handle counter-clockwise, pull it away from the handlebar, turn it clockwise, and then push it toward the handlebar and turn it counter-clockwise. Repeat this proceedure until the handlebar is loose. Move the handlebar up or down to the desired position, and then, turn the handle clockwise until it is tight.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, see step 9 on page 7.

FEATURES OF THE CONSOLE



The easy-to-use console is designed to help you get the most from your workouts. As you exercise, the console will display the following modes:

- Time—This mode displays the elapsed time (or the time remaining in a pace program). Note: If you stop pedaling, the time will begin to flash.
- Distance—This mode displays the distance that you have pedaled.
- Calories—This mode displays the approximate number of calories you have burned.
- Fat calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 13).
- Heart rate—This mode displays your heart rate when you use the pulse sensor.
- Speed—This mode displays your pedaling speed.
- Scan—When this mode is selected, the upper section of the display will show both the speed mode and the distance mode, and the lower left section of the display will show the calories mode and the fat calories mode.

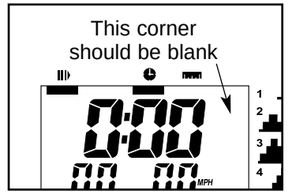
The console also offers four pace programs. Each program automatically prompts you to increase or decrease your pace as it guides you through an effective workout.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. Note: If there is a sheet of clear plastic on the console, remove it.

2 Select the manual mode.

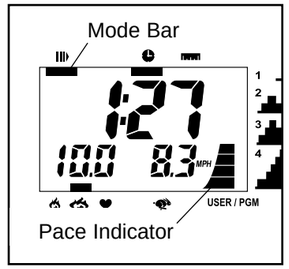


Each time the console is turned on, the manual mode will be selected. If a pace program has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

3 Begin pedaling and adjust the resistance of the exercise cycle.

As you exercise, adjust the resistance of the exercise cycle as desired by turning the resistance knob.

4 Follow your progress with the display.



When the console is turned on, the scan mode will be selected, as shown by the mode bar below the scan symbol. As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will alternately show the number of calories you have burned and the number of fat calories you have burned; and the lower right section will show your pedaling speed.

In addition, the pace indicator on the right side of the display will provide a visual representation of your pedaling pace. As you increase or decrease your pace, the indicator will increase or decrease in height.